

HEALTHY EATING



LITTLE EXPLORERS

FOOD

FOOD HISTORY



LIFT THE FLAPS TO EXPLORE FABULOUS FOOD INSIDE AND OUT!

EXTRAORDINARY INGREDIENTS



DISHES FROM AROUND THE WORLD



WHERE OUR FOOD COMES FROM

CELEBRATION MEALS



CULTIVATING CROPS



ALLERGIES AND INTOLERANCES



MORE THAN 30 FLAPS!

FABULOUS FOOD!

Food can be yummy in your tummy, but what is it really? Food is your body's fuel. It is the energy that helps you move, think and play. When you run out of fuel, you need to fill up! We all need food to live.

VITAMINS

Vitamins help your body work as it should. There are 13 known vitamins and they all have different jobs.

Vitamin C is in fruits such as oranges. It helps keep you healthy.

CARBOHYDRATES

This is where a lot of your energy comes from. The body breaks down carbohydrates into a substance called glucose, which acts as fuel. Carbohydrates are found in foods such as potatoes and wholegrains.

FATS

Fats can provide energy and help the body absorb important vitamins. Healthy fats can be found in foods such as nuts and fish.

Nutrients

Nutrients are important things found in food. Your body needs them to grow and survive. Nutrients can be vitamins, minerals, carbohydrates, proteins, fats and water.

MINERALS

Minerals are a lot like vitamins. They help the body work well.

Iron is an important mineral found in meat and spinach.

PROTEINS

Proteins are like building blocks that help your body grow. They can be found in eggs and beans.

I'm hungry!

Have you ever heard your stomach growl when you're hungry? This is a signal that your body needs more food! Your stomach also sends signals to the brain to tell you to eat.

GROWL

THE DIGESTION QUESTION

How does the food you eat turn into energy inside your body? And where does it go? This process is called digestion. Together, the parts of your body that help break down and use food are called the digestive system.

Mouth

This is where it all starts. You take a bite and crush up food with your strong teeth. Munch, crunch, munch!

Desophagus

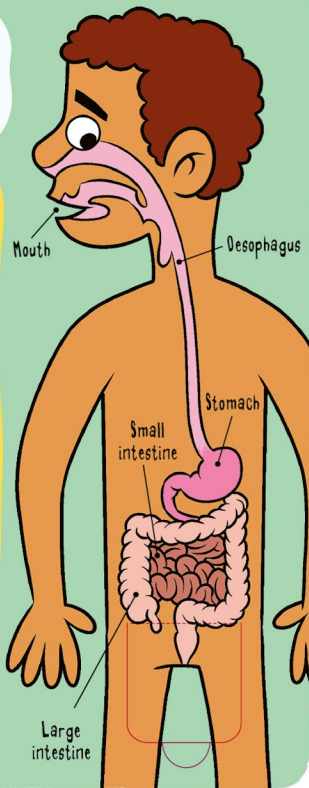
Food travels down, down, down this tube.

Stomach

The stomach stores food, mixing it with acid and enzymes.

Intestines

The slushy liquid moves through the intestines. Nutrients are absorbed into the bloodstream and taken to other parts of the body.



FINDING FOOD

Usually, food appears in front of you at the dinner table. But how did it make its way there? Where does food come from? Many foods go on a journey from farm to factory to finished feast. Some food comes from much closer to home too!

Fantastic farms

A farm is a place where animals might be used to produce food, and crops are grown there too. Some farms grow all sorts of fruits and vegetables. Some grow wheat. Others raise cows for milk and hens for eggs.

Combine harvester

These machines cut and collect crops. They also separate the parts that can't be eaten from the parts that can.

Orchard

An orchard is an area of land where lots of trees are planted to grow fruit.

Plough

Tractor

The tractor is the most important machine on the farm. Different attachments can be added for different jobs.

Factory stop

Food grown in farms might go to a factory to be packaged up. It then travels to a supermarket, for people like you to buy and enjoy.

In the garden

Some food is grown in your very own garden! People can grow delicious vegetables, such as carrots and cucumber, and fruits, such as cherries and plums, at home. Local farms might grow food you like too.



Buying food locally helps the environment. It cuts down on the kilometres the food needs to travel to get to its destination.



Busy bees

Bees are one of the planet's greatest helpers. Here's why...

LET'S CELEBRATE!

Although food is important for our survival it has become so much more than that. It is something that we enjoy. Food has even become a big part of many celebrations around the world.

Diwali

Diwali is a festival of lights celebrated by Hindus, Sikhs and Jains. Special meals are eaten throughout the five days of the festival.



Lunar New Year

The beginning of a new lunar year is celebrated with food that is said to bring luck, health and happiness.



Eid al-Fitr

During the holy month of Ramadan, Muslims around the world do not eat during daylight hours. To celebrate this month coming to an end, they have a feast!



Day of the Dead

In Mexico, the Day of the Dead is a time to honour and celebrate loved ones who aren't around any more. It is full of joy – and delicious food!



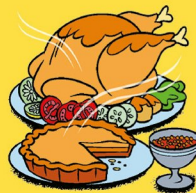
Passover

The Jewish festival of Passover is celebrated in early spring. During the eight days of the festival, people do not eat anything made with chametz – food mixed with a grain that makes bread rise.



Thanksgiving

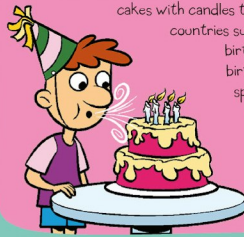
In the United States, Thanksgiving is a day to give thanks for the good things in your life.



But it has also become a day to celebrate with lots of food. Turkey, stuffing, potatoes... and don't forget the pie for dessert!

Happy birthday!

People celebrate birthdays in different ways around the world. In many countries, there are birthday cakes with candles to blow out. Other countries such as Russia have a birthday pie. In Ghana, birthday feasts include spiced rice, beans and doughy balls called fufu, made from boiled cassava root, yams or other starches.



In Cuba and Mexico, people burst open a treat-filled pinata.



NOT FOR ME!

Some people's bodies can become sensitive to certain foods. Their bodies react to try to get the food out of their system.

Which foods cause an allergic reaction?

Different people can react to different things. Some common foods that can cause allergies are:

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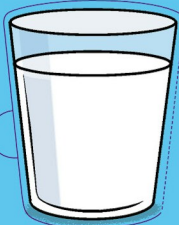
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Allergies

With an allergic reaction, the body fights the food, thinking it's an intruder. The person might get a rash, runny nose, itchy eyes and a swollen tongue. In very serious cases, the person might have trouble breathing.



Intolerances

Sometimes a person's body isn't able to break down certain foods. These are called food intolerances. They can cause bad tummies and runny poo.

FOOD PROBLEMS

The production of food can have an impact on our planet. With more and more people in the world, there are lots of tricky challenges to make food that feeds everyone but keeps the planet healthy at the same time.



The plastic problem

Plastic packaging is everywhere. After a food or drink has been enjoyed, the plastic ends up in bins, landfills or as litter on the ground. Some plastic even makes its way to oceans, where it can harm sea creatures, who might get tangled in it or eat it.



Gone to waste

Over one third of the food produced around the world is wasted! And yet, millions of people do not have enough food to eat.

Got gas?

Animals on farms eat lots of grass. They then burp out lots of gas! This gas, called methane, gas floats into Earth's atmosphere and causes Earth to heat up faster than it should.

